Pregnant?

Need to talk?

"Pregnancy Options Service"

Offers you confidential advice, support and guidance in pregnancy decision making…

for all ages including under 16s

Tel: 07931 414 994

How to contact us

Anyone can refer themselves to the pregnancy options nurse or someone can ring on your behalf.

Call or Text
07931 414 994

For free, confidential advice and support through pregnancy decision making.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk

Your options

You will be given the chance to look at the options available to you which would be:

- Continuing with your pregnancy
- Having your baby fostered /adopted
- Having a termination (abortion)

Your decision

Once you have reached a decision you will be referred to the services you need without delay.

***Remember… The earlier you see the pregnancy options nurse the more choices you may have!

Once you have your baby or Termination, the pregnancy options nurse will see you to discuss your future contraception needs and arrange any appointments you need.

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